

ABSTRACT

[00033] An exercise device with a constraining handle. The disclosure includes a garment having a first end and a second end. A member is disposed between the first end and the second end in order to flexibly position around a body part. The device further includes a plurality of pockets uniformly disposed around the member. Additionally, a handle fastens within the member near the first end, wherein the handle connects with the body part to maintain contact between the body part and the member while the body part performs exercise movements. The disclosure further includes a method of using the garment while the body part moves through exercise techniques. The method comprises inserting a body part through a body area of a member and uniformly disposing the member around the body part. Next, the body part connects with a handle of the member which constrains the body part to the member while the body part performs exercise techniques.